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PRACTICAL HEALTH TALKS

Lillian Whitney, M.D.

Dr. Whitney's popular articles on health and beauty subjects in several leading magazines have been marked attempts for a number of years. No other writer on similar topics is better equipped for the work. For Dr. Whitney has established an enviable reputation as a specialist and is endowed with the ability to make herself easily understood by her readers. She will answer all letters relating to her department as promptly as possible. All letters should be accompanied by a stamped envelope and should be addressed care of this paper.

THE FINGER PRINTS OF TIME.

At thirty-five, unless the gods have singled one out particularly, the evidences of advancing years begin to leave their traces. The hair begins to turn gray and neck begin to sag. The complexion has, as a rule, already lost its freshness and the "figure" shows a tendency toward lankiness or stoutness, according to one's habit. The hair begins to grow thin in patches, or gray in spots. One's inclination to luxuriate is greater and to exercise is less. Tricks of manner have become habits, and if one has acquired the unpleasant practice of punctuating every remark with a frown, or of drawing down the mouth or pursing the lips, or of chewing gum constantly, as so many Americans do, the overworked muscles lose their resiliency and fall into ugly lines.

Both in men and women the first signs of encroaching years appear at the chin and throat. Fastidious men dread a "statesman chin" as much as women do the extra fold of tissue which heralds to the world the fact that they are no longer "young." This unsightly sagging of the muscles is caused very largely by the habit of carrying the head low upon the chest. Professional beauties, society women and notably actresses never permit the chin to sink forward. The head is held high, with chin up and forward, whether asleep or awake, and by this means the sharp edge of the lower jaw is maintained and one of the most beautiful lines in the female form, that exquisite curve from the chin to the breast, is preserved.

A notable professional beauty, who spends a fortune yearly to ward off Father Time remarks that "beauty comes high when it is one's business to be beautiful." If one's only stock in trade consists in the display of physical charms, then indeed does beauty come high, but every healthy being is inoculated with the praiseworthy desire to look pleasing to the eye, and this natural desire necessitates the eternal vigilance, first to checkmate the finger prints of time and second to overcome and rout them.

HISTORY BUILDERS.

By Dr. E. J. EDWARDS.

A Clean Business Stroke.

The late Samuel Ward, brother of Julia Ward Howe, uncle of F. Marion Crawford, did not need when he was living to be identified as near of kin of those who had gained fame. He was in his day possibly the most popular private citizen in the United States. He was master of the art of story telling, and had been reduced to poverty he could have earned a large salary as chef of a fashionable restaurant, for he knew what a good dinner was and he also knew how to obtain the vintages and what wines to secure and, furthermore, how they should be cooked.

Mr. Ward was an intimate friend of James R. Keene, and was, in fact, on cordial terms with almost all of the men who had gained distinction and wealth as miners of the precious metals upon the Pacific slope. He had learned many anecdotes about them, and he understood not only their strong, but their weak, points.

One afternoon in the summer of 1897 I was a fellow passenger with Mr. Ward on the steamboat from Long Branch to New York city. In some way, I think in association with some of his references to James R. Keene, the name of Adolph Sutro, who had gained a somewhat sensational reputation by his construction of the so-called Sutro tunnel in a mining region of Nevada, was brought in. Mr. Ward said:

"I have heard a curious story, and I think a true one, about the manner in which Mr. Sutro began his career upon the Pacific coast. I think he arrived at San Francisco a year or two after the discovery of gold in California. It may have been several years later. At that time, while plenty of gold money was in circulation it was always in pieces of large denomination. There was one coin of the value of about fifty dollars which was eight-sided and was commonly called a 'blus.' There were also twenty and ten-dollar gold pieces. But small coin was very hard to get and all sorts of devices were adopted in order to overcome this scarcity.

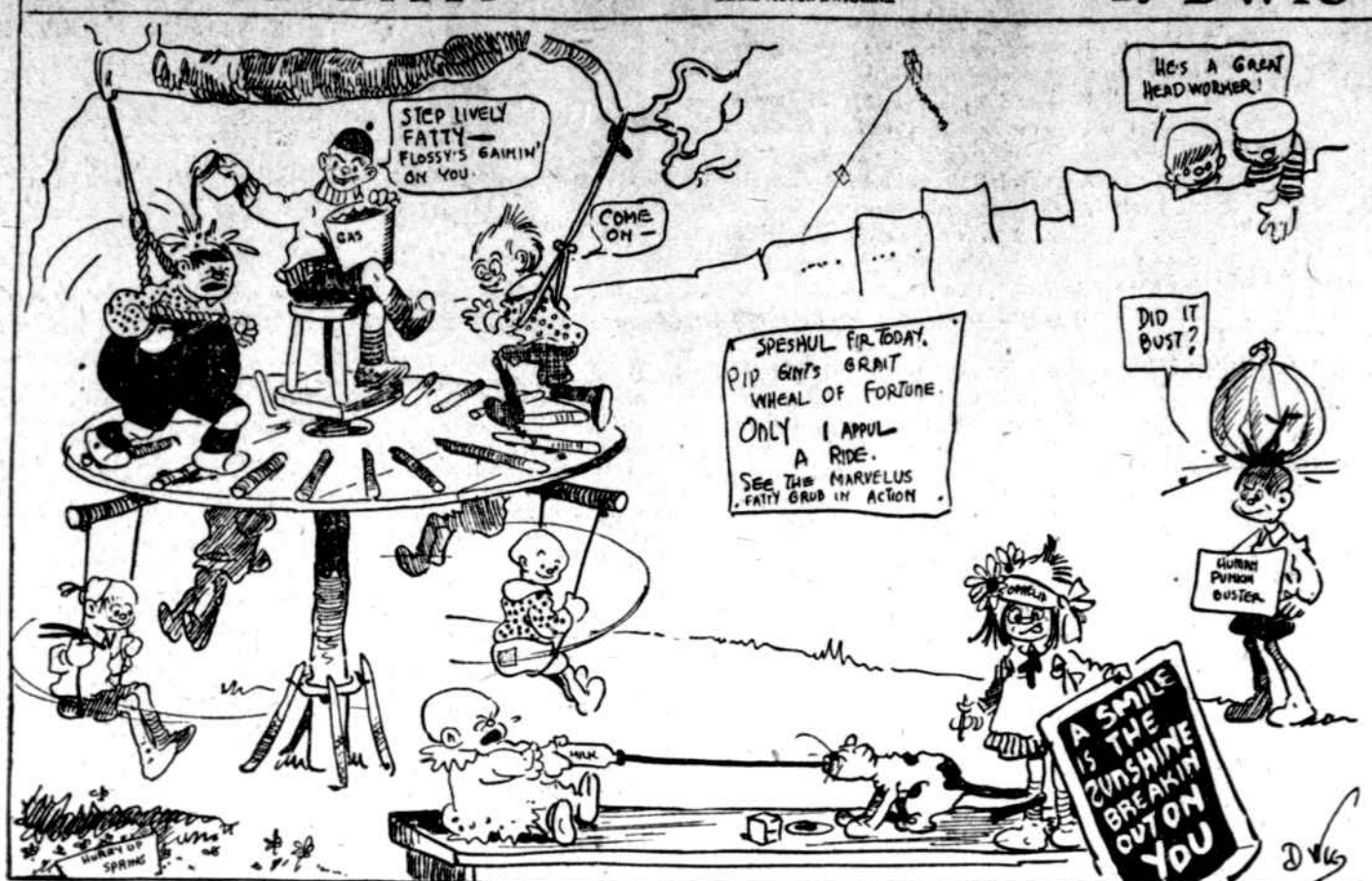
"As I heard the story, Mr. Sutro brought into California some German small coin. He brought it in kegs, I presume exactly like the kegs in which merchants at the time the big copper cents were in circulation used to store these cents until they got a keg full so that they were able to send it to the Treasury Department for redemption.

"These German coins were really worth

SCHOOL DAYS

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By DWIG



"Who's to Pay?" Splits Britain; Some Cry "Conscript Capital"

Prospective Billion a Year War Loan Interest Looms Up as Paramount Issue—Tariff for Revenue, Income Tax and Confiscation Demanded.

By JOHN L. BALDERSTON.

(Copyright, 1915, by the McClure Newspaper Syndicate.)

London, March 19.—Who is going to pay for the war?

That phrase will become a vital political issue, probably the chief issue at stake in British politics for the next decade or two. It will become a "live" issue just as soon as the government makes up its mind to impose taxation upon the mass of the people sufficient to bring in a considerable part of the colossal interest that must be paid on the war debt.

The war debt of the British empire, if the war lasts through the summer of 1917, will probably amount to twenty billion dollars. The interest due on that sum will be a billion dollars a year, which is not far from the empire expenditure of the government in the last year of peace.

"Who Pays" Now Only Question.

All old political issues are dead, excepting the Irish question, which never dies, and around that question "who pays" political battles may be fought before the guns are silent.

There are three ways of financing the war which command support. One group desires a tariff for revenue. Another desires an income tax so arranged as to take away the surplus income of everybody, a tax which obviously would fall most heavily upon the rich. The third group raises the cry, "Conscript capital!" It has few representatives in parliament outside the labor members, but commands the hearty support of millions of the working classes.

The tariff situation is amusing to those who remember the violent arguments before the war. A large number of free trade newspapers and public men, who like Lord Cromer, cried ruin from the housetops when a tariff was suggested in 1914, are now, with Lord Cromer, demanding the imposition of duties on foreign made goods. A slight beginning toward protection was made by the last budget, but the duties on American automobiles and a few other luxuries were

imposed not to produce revenue, but to keep undesired imports out of the country and prevent extravagance.

Those who believe in a tariff for revenue have joined hands against the free traders with the larger and more vociferous element which demands that Germany should be excluded or so heavily taxed after the war that Germany cannot by trade recoup her war losses and make another "attack on the liberties of Europe."

The government, through the president of the board of trade, has officially countenanced the latter movement, which, so far as anything can be predicted in politics, may be regarded as a certainty. But a punitive tariff will not help to pay the billion-dollars-a-year interest on the war loans.

The statesmen who want the income tax raised are free traders. They point out that when a tax is placed on an imported article the home manufacturers of that article at once raise the price to the figure at which the imported article sells after it has paid duty. The general advance in British motor car prices when before the guns are silent.

It is claimed that a tariff will only heap up more profits for manufacturers at home to put into war loans at interest and that an income tax is insufficient even if it take every penny of the superfluous income of the rich, because

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scription of capital, however, is something new. Socialist parties have always upheld such views, but this is the first time they have gained wide currency among the public in England. The present outlook is that the agitation, as the war continues and debts pile up, will grow in strength.

The argument of the labor leaders runs like this: "Why should all men of military age be required to risk their lives for the State when men not of military age who have money, which is quite as necessary for war as soldiers, are permitted to lend their money to the State at high interest, the payment of which will cripple industry for generations? We do not advance the Socialist view about capital—we admit that a man has a right to the money he makes, but we also claim that he has a right to his life, and when a situation arises which requires the sacrifice of one man's life his neighbor must be prepared to give not lend, his money. If we are to have conscription, let it be general conscription, each man to give up what he has that the state needs."

Subtleties Won't Down Argument.

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the cost of the war is so enormous that it cannot be paid out of the national income. Sidney Webb, the statistician, says that if all the national income above the cost of sustenance were taken by the State the result would pay only one-quarter of the cost of the war.

There are rumors, which, if unfounded today, may well be true tomorrow, that Lloyd George plans at the proper time to stand forth as the champion of the "conscription of capital" party. If not he, it will be another.

It is interesting to note that in Germany it is now freely admitted that the empire cannot pay the interest on her war loans if she is beaten, and the argument by which investors are induced to subscribe to the pending loan is: "If we lose, we all go down together; give us your money and help us to win."

Dr. Marden's Uplift Talks.

Your Hidden Strength and How to Use It.

By ORISON SWETT MARDEN.

A cub lion which had wandered from its mother's side and was lost was adopted by a sheep whose own offspring, her one little lamb, had been taken from her. The sheep became very fond of her, and the cub lion grew to maturity thinking it was a sheep. One day a magnificent lion appeared at some distance from the sheep field. He uttered a tremendous roar which reached the ears of the young adopted lion, who listened as though entranced. The sound touched a chord in the animal's nature that

had long slumbered. It aroused a strange new force within him, a new ambition, a new consciousness of power which he had never felt before. He answered his brother lion with a roar which reverberated like thunder, and at the same time started toward him on a dead run. He had discovered himself. He knew that he was no longer a lamb, but a lion like the others, and without an instant's hesitation he left the sheep foster mother, never to return.

When we discover that we are more than clay; when we at last become conscious of our divine origin and inheritance, we find a new power welling up within us, a power which we never before dreamed we possessed and we are never again content with low-flying ideals. Ever after we aspire, we look up, struggle onward to a higher plane.

If we could only realize that our mental building is the chief factor in our life, really our life structure, infinitely more important than our material building, we would exercise more care in selecting our thoughts, which are our mental bricks and determine the quality of our life.

Thousands, nay millions, of people are complaining of their wretched existence, woe-begone expression, who live in a mental dungeon. We must think happy, think success, think love, cheerfulness, helpfulness, hopefulness, all good things, before we can attract them, make them a part of our lives. We must go after the things we desire as though we expected to attain them. We must think them already ours. We must face our goal with a hopeful, expectant, happy expression. We must carry success in our manner. Cling to this one thought and affirm it persistently, vehemently, if necessary—success and happiness are for me.

Everywhere we meet people who are about the world with disaster, disappointment, trouble, written on their very faces. They are walking advertisements of the thoughts they are harboring, the sort of building material they are using.

Just as a salesman can discourage a prospect by approaching him in a discouraged mental attitude as though everything in the world had gone against him, so though life itself were a failure, and he did not for a moment expect to get an order, so, by a half-hearted, discouraged mental attitude, a woe-begone expression, a mind full of pessimism and wrong thought, you can drive success and happiness beyond your environment.

When I see a person working like a slave to gain a competence, yet grumbling and complaining that luck is dead against him, always wearing a discouraged, dejected air, as though he expected to get turned down, I feel sorry for him. I know his thoughts are neutralizing his work. He is putting failure bricks instead of success bricks in his mental structure. He is the kind of mental attitude that would drive away success from a genius.

Opportunities are never attracted by a man or woman who carries a funeral woe-begone expression, who lives in a mental dungeon. We must think happy, think success, think love, cheerfulness, helpfulness, hopefulness, all good things, before we can attract them, make them a part of our lives. We must go after the things we desire as though we expected to attain them. We must think them already ours. We must face our goal with a hopeful, expectant, happy expression. We must carry success in our manner. Cling to this one thought and affirm it persistently, vehemently, if necessary—success and happiness are for me.

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